

# HEART RATE ZONE

## VIEWER FOR MIDDLE SCHOOL

**BEGIN**

**AGE SELECTION MENU**

**HOW OLD ARE YOU?**

**11**

**12**

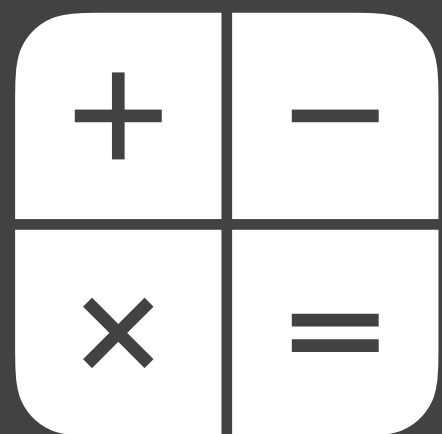
**13**

**14**

# VIEWING OPTIONS

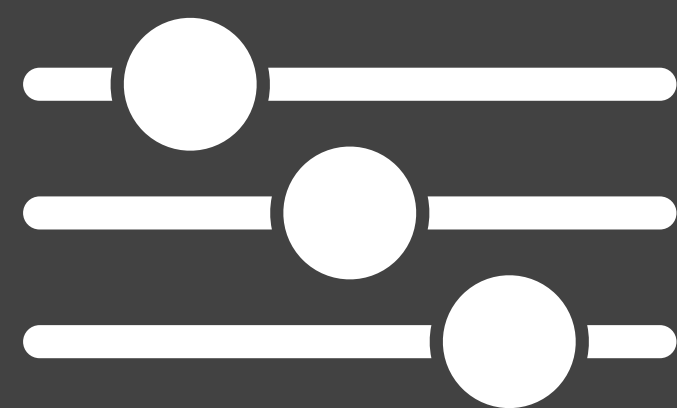
11 Y.O.

209 MHR



## MAXIMUM HEART RATE CALCULATION

SEE HOW YOUR MAXIMUM HEART RATE IS CALCULATED BY USING AN EASY TO REMEMBER RULE OF THUMB.



## HEART RATE ZONE SELECTOR

SELECT AN INDIVIDUAL HEART RATE ZONE TO SEE IT IN ACTION.



## HEART RATE ZONES OVERVIEW

SEE ALL OF THE HEART RATE ZONES AT ONCE IN A SINGLE SCREEN.

[RETURN TO AGE PICKER](#)

# HEART RATE ZONES

11 Y.O.

209 MHR

Maximum Activity Level

90-100%  
MAXIMUM HEART RATE

[View](#)

Vigorous Activity Level

80-90%  
MAXIMUM HEART RATE

[View](#)

Moderate Activity Level

70-80%  
MAXIMUM HEART RATE

[View](#)

Light Activity Level

60-70%  
MAXIMUM HEART RATE

[View](#)

Very Light Activity Level

50-60%  
MAXIMUM HEART RATE

[View](#)

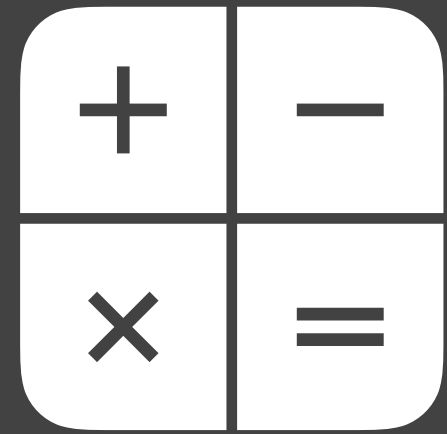
[RETURN TO VIEW OPTIONS](#)

[RETURN TO AGE SELECTION](#)

# VIEWING OPTIONS

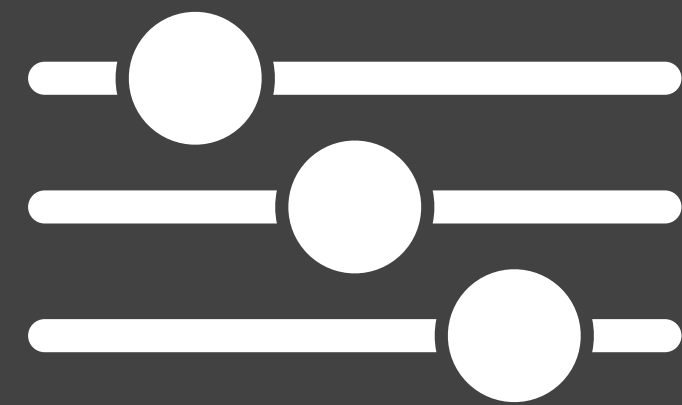
12 Y.O.

208 MHR



## MAXIMUM HEART RATE CALCULATION

SEE HOW YOUR MAXIMUM HEART RATE IS CALCULATED BY USING AN EASY TO REMEMBER RULE OF THUMB.



## HEART RATE ZONE SELECTOR

SELECT AN INDIVIDUAL HEART RATE ZONE TO SEE IT IN ACTION.



## HEART RATE ZONES OVERVIEW

SEE ALL OF THE HEART RATE ZONES AT ONCE IN A SINGLE SCREEN.

[RETURN TO AGE PICKER](#)

# HEART RATE ZONES

12 Y.O.

208 MHR

Maximum Activity Level

90-100%  
MAXIMUM HEART RATE

[View](#)

Vigorous Activity Level

80-90%  
MAXIMUM HEART RATE

[View](#)

Moderate Activity Level

70-80%  
MAXIMUM HEART RATE

[View](#)

Light Activity Level

60-70%  
MAXIMUM HEART RATE

[View](#)

Very Light Activity Level

50-60%  
MAXIMUM HEART RATE

[View](#)

[RETURN TO VIEW OPTIONS](#)

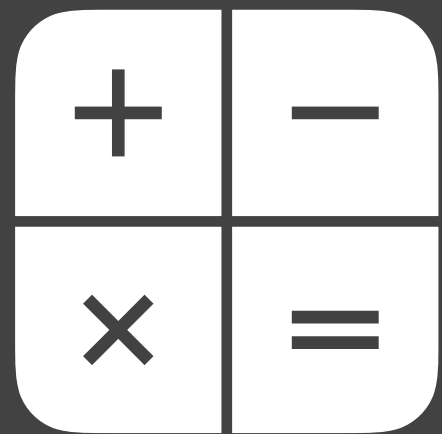
[RETURN TO AGE SELECTION](#)



# VIEWING OPTIONS

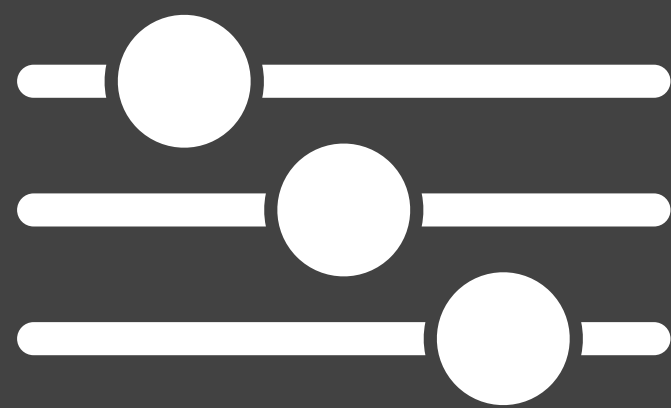
13 Y.O.

207 MHR



## MAXIMUM HEART RATE CALCULATION

SEE HOW YOUR MAXIMUM HEART RATE IS CALCULATED BY USING AN EASY TO REMEMBER RULE OF THUMB.



## HEART RATE ZONE SELECTOR

SELECT AN INDIVIDUAL HEART RATE ZONE TO SEE IT IN ACTION.



## HEART RATE ZONES OVERVIEW

SEE ALL OF THE HEART RATE ZONES AT ONCE IN A SINGLE SCREEN.

[RETURN TO AGE PICKER](#)

# HEART RATE ZONES

13 Y.O.

207 MHR

Maximum Activity Level

90-100%  
MAXIMUM HEART RATE

[View](#)

Vigorous Activity Level

80-90%  
MAXIMUM HEART RATE

[View](#)

Moderate Activity Level

70-80%  
MAXIMUM HEART RATE

[View](#)

Light Activity Level

60-70%  
MAXIMUM HEART RATE

[View](#)

Very Light Activity Level

50-60%  
MAXIMUM HEART RATE

[View](#)

[RETURN TO VIEW OPTIONS](#)

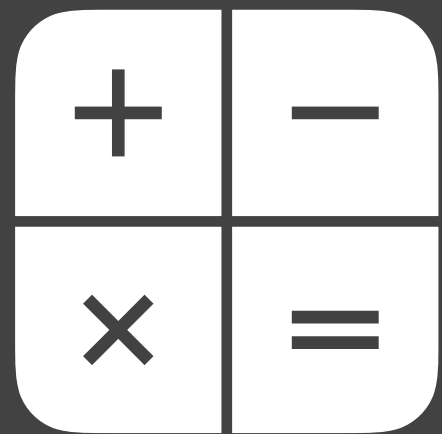
[RETURN TO AGE SELECTION](#)



# VIEWING OPTIONS

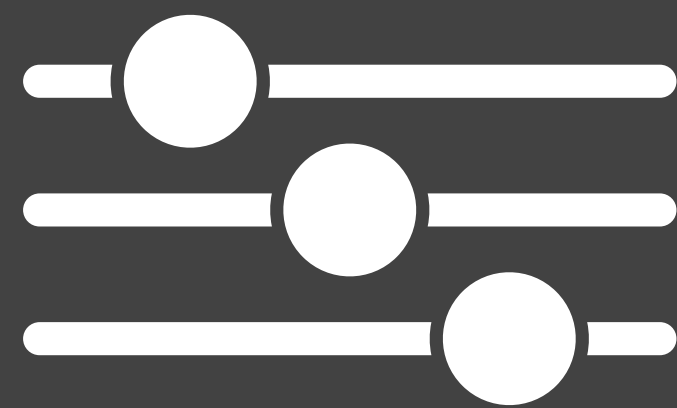
14 Y.O.

206 MHR



## MAXIMUM HEART RATE CALCULATION

SEE HOW YOUR MAXIMUM HEART RATE IS CALCULATED BY USING AN EASY TO REMEMBER RULE OF THUMB.



## HEART RATE ZONE SELECTOR

SELECT AN INDIVIDUAL HEART RATE ZONE TO SEE IT IN ACTION.



## HEART RATE ZONES OVERVIEW

SEE ALL OF THE HEART RATE ZONES AT ONCE IN A SINGLE SCREEN.

[RETURN TO AGE PICKER](#)

# HEART RATE ZONES

14 Y.O.

206 MHR

Maximum Activity Level

90-100%  
MAXIMUM HEART RATE

[View](#)

Vigorous Activity Level

80-90%  
MAXIMUM HEART RATE

[View](#)

Moderate Activity Level

70-80%  
MAXIMUM HEART RATE

[View](#)

Light Activity Level

60-70%  
MAXIMUM HEART RATE

[View](#)

Very Light Activity Level

50-60%  
MAXIMUM HEART RATE

[View](#)

[RETURN TO VIEW OPTIONS](#)

[RETURN TO AGE SELECTION](#)